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**TO YOUR HEALTH AND WEALTH:
WE SHOULD SPRINT TOWARD
HEALTH REFORM**

Social Justice

- We all have a right to good health.
- We value all people equally.
- We must promote equity through the Affordable Care Act.

Case 1

- Black men living in Northeast Washington, DC, die at age 64; black men living in West Africa die at age 67.

Case 2

- **616 thousand Americans die every year of a heart attack or stroke; 200 thousand of these deaths occur to persons with a primary behavioral health condition.**

Case 3

- **Almost 50 million Americans live in poverty. The rate of mental illness in this group is 8 times that among the most wealthy.**

What is the common thread?

- All of these dilemmas occur in a national health system that cost \$2.6 trillion in 2010; \$2.5 trillion was spent on treatment of disease.

Where are we headed?

- 2020 \$4.6 trillion
- 2015 \$3.4 trillion
- 2010 \$2.6 trillion

Some Observations

- Our health is problematic
- Our disease care system is laboring
- Our cost are soaring

Creating a new vision

- **Through the Affordable Care Act**
- **We are seeking the “Triple Aim”:**
 - **Better Health**
 - **Better Health Care Quality**
 - **Reduced Costs**

- First among equals is **Better Health**

Fundamental Logic Model

- Your “Social Determinants” →
- Your **Life Chances** →
 - Your **Health and Illness**
 - Your **Access to Care**
 - Your **Life in the Community**

- What are
- “Social Determinants”?

- **“Social Determinants” are the ...conditions ... that influence one’s life chances, including one’s future physical and behavioral health.**

Examples of Negative Social Determinants

- Poverty
- Discrimination
- Social Exclusion
- Poor Quality Education
- Lack of Access to Quality Health Care
- Little or No Access to Healthy Foods
- Abundant Access to Fructose, Fatty Foods, etc.
- Culture that promotes smoking, excessive drinking, drug use.

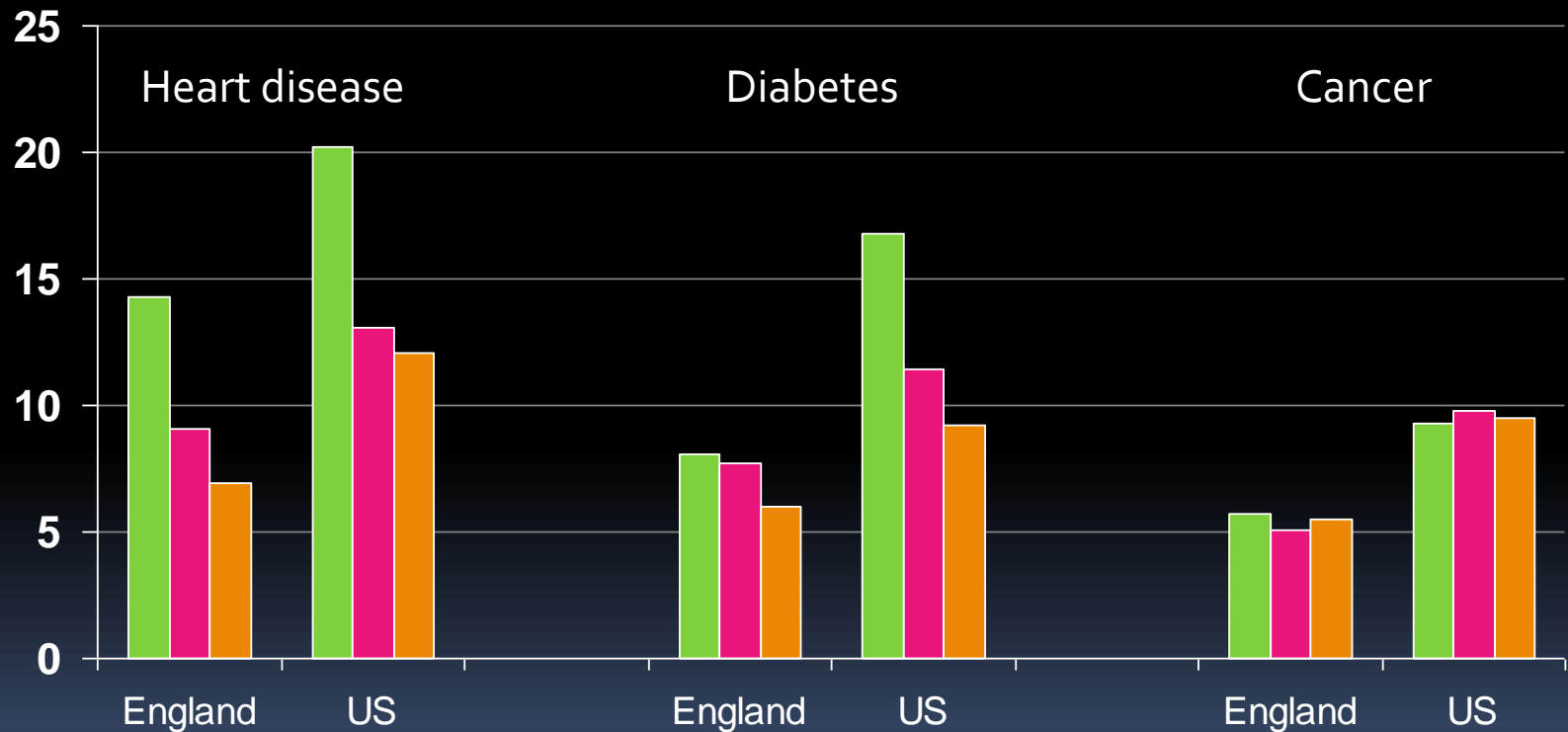
Examples of Positive Social Determinants

- Community Support and Inclusion
- A Nurturing and Supportive Family for Children and Adults
- Good Health Education
- Positive Role Models
- Opportunities for Engagement in the Community
- Opportunity Structures for Education, Jobs, and a Support Network
- Access to Quality Health Care, Disease Prevention, and Health Promotion

Health Differences Between England and the US for 55-64 Year Olds

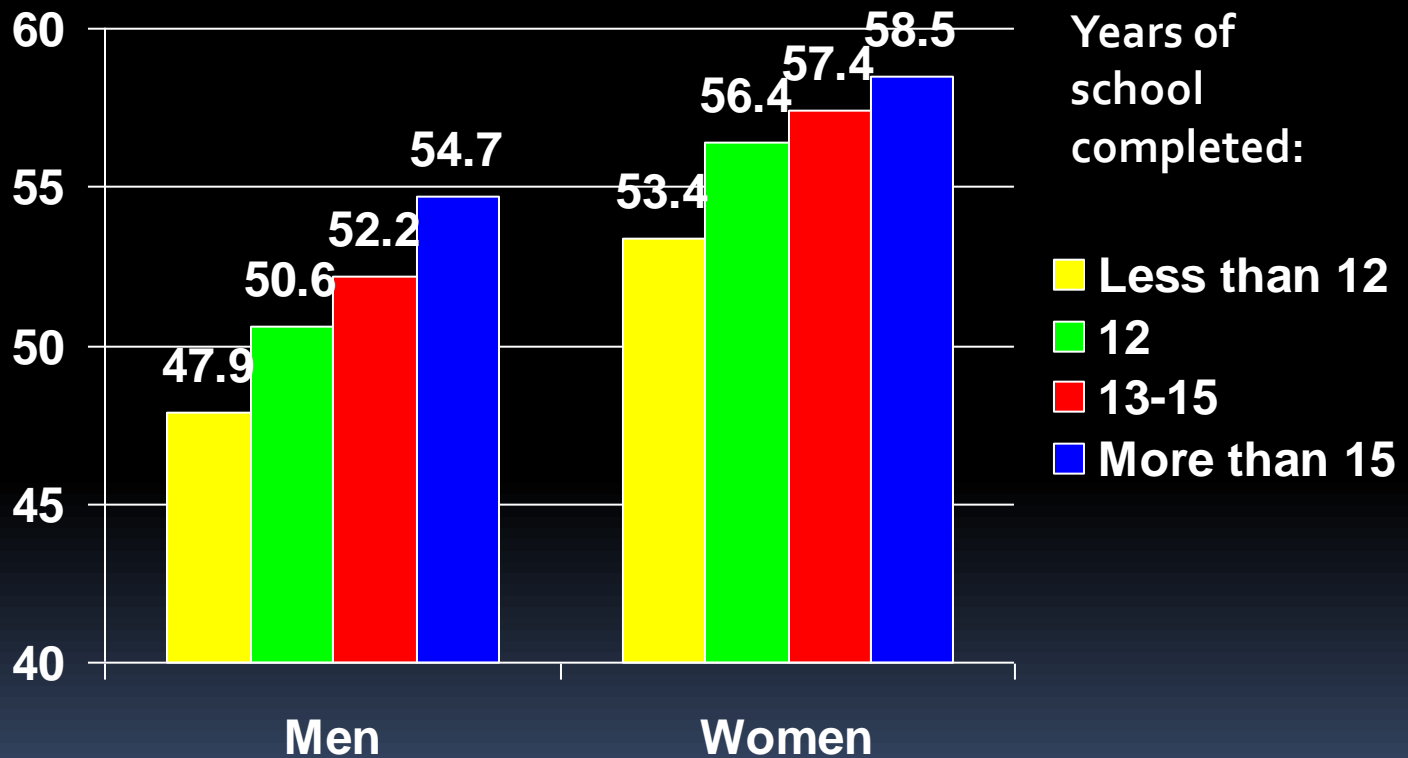
% Prevalence

■ Low income ■ Middle income ■ High Income

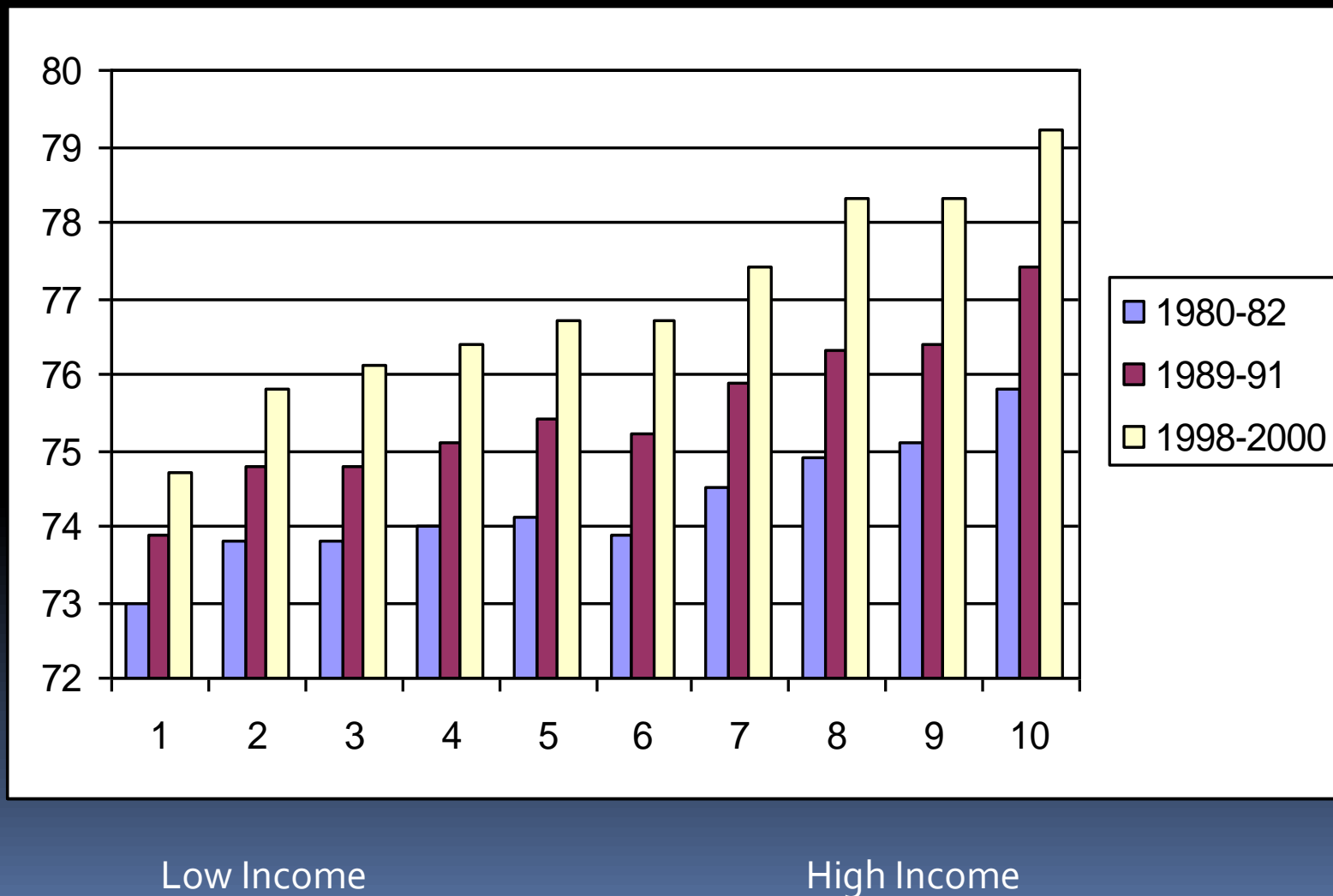


Life expectancy at age 25 by education, US, 1988-98

LE at age 25



Life expectancy at birth by socioeconomic deprivation, US



- **What actions can we take?**

Goals

- **Foster Social justice**
- **Foster Empowerment – personal, financial, political**
- **Foster conditions for people to take control of their lives**
- **These are about promoting EQUITY!**

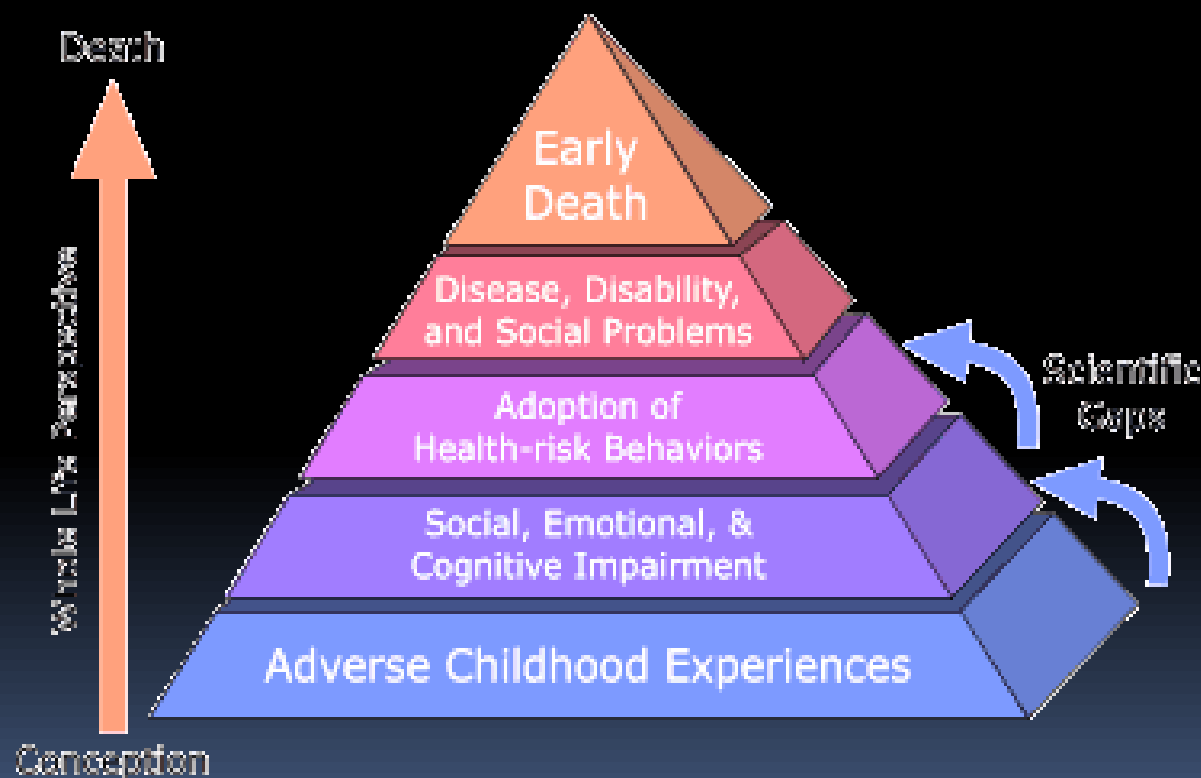
Prevent Substance Use

- **Your actions are very important:**
 - ▣ **Promote Drug Free Communities**
 - ▣ **Eliminate pill mills**

Prevent Mental Illness

- **Your actions are very important :**
 - ▣ **Remove ACES from families and communities**
 - ▣ **Eliminate seclusion and restraint in schools**

ACES INFLUENCE LIFE CHANCES



Promote Recovery Support

- Your actions are very important:
 - Promote social inclusion
 - Promote effective job and housing supports, and opportunity structures

- **FOR THE ACA, PEERS AND
FAMILIES NEED A NEW
STRATEGY**

HELP GET PEOPLE INSURED

- Key Roles for PEERS and FAMILY MEMBERS:
 - **Health Navigator:** Help the 11 million persons with mental health and substance use conditions enroll in either Medicaid (138% FPL or less) or the State Exchange (139% FPL +)
 - **Health Navigator:** Teach those with behavioral health conditions how to access care.
 - **Health Navigator:** Work with those who have behavioral health conditions to use care appropriately and to move toward recovery.
 - **Advocate:** Advocate for inclusion of peer and family supports in the new insurance plans.

HELP GET BETTER QUALITY CARE

- Key Roles for PEERS and FAMILY MEMBERS:
 - **Health Home Navigator:** Assist in the creation of appropriate health homes and help people with behavioral health conditions enroll in them.
 - **ACO Organizer:** Assist in the formation of ACOs with appropriate behavioral health services; take lead in forming ACO cooperatives.
 - **Advocate:** Provide necessary input on implementation of services that reflect **wellness** and **recovery**.

!!!!!!VERY IMPORTANT!!!!!!

- *Most of this new work will be done outside of the traditional behavioral healthcare system.*

Take Action!

- Let us make the commitment and begin the tasks that will usher in this important new era.

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